

BOOK REVIEWS

TAMMI RUTH HARTUNG. 2000. **Growing 101 Herbs That Heal: Gardening Techniques, Recipes, and Remedies.** (ISBN 1-58017-215-6, pbk.). Storey Books, Schoolhouse Road, Pownal, VT, 05261, U.S.A. (**Orders:** www.storeybooks.com). \$24.95, 250 pp., color photographs, color illustrations, 8 1/4" × 10".

With advice for amateur gardeners and for those interested in starting a medicinal plant farm, this is an enjoyable and useful guide to growing and using medicinal plants. As stated in the title, 101 medicinal plants are covered, including favorites such as Saint John's Wort (*Hypericum perforatum*), Echinacea (*Echinacea* sp.), and licorice (*Glycyrrhiza glabra*). Lesser known medicinal plants are also included, such as pleurisy root (*Asclepias tuberosa*). The author is an expert in the uses and cultivation of medicinal plants and is a certified medical herbalist and organic grower. The practical advice in this book is colored by her experiences running the Desert Canyon Farm & Learning Center in Colorado with her husband. The latter part of the book is dedicated to detailed descriptions of the medicinal plants and is illustrated with color photographs. Earlier chapters include useful advice on organic gardening with tips on garden pest control, starting seeds, year-round garden maintenance, and composting. An excellent section covers plant selection and garden design. In addition, there are chapters dedicated to recipes, as well as instructions on making herbal medicines.—*Marissa Oppel, MS, Collections Research Assistant, Botanical Research Institute of Texas, Fort Worth, Texas 76102-4060, U.S.A.*

JOHANNES SEIDEMANN. 2005. **World Spice Plants: Economic Usage, Botany, Taxonomy.** (ISBN 3-540-22279-0, hbk.). Springer-Verlag, Berlin, Germany. (**Orders:** www.springeronline.com). \$149.00, 592 pp., 93 color photographs, 9 1/2" × 10 1/2".

This encyclopedic guidebook covers over 1,400 spice plants from the world over, including economically important spice plants and aromatic plants. The lay-out of the book is simple and easy-to-use. The spice plant entries are in order alphabetically by scientific name. Each entry includes information on botanical nomenclature, such as family names, species, varieties, subspecies, authorities, synonyms, and common names in multiple languages, including Russian, English, Spanish, Chinese, Arabic, and Japanese, to name a few. Information on uses, such as flavoring, essential oil, condiment, and curry ingredient are included, as well as the part(s) of the plant that is used. Information on geographical distribution, including the locations where the plant is cultivated is also included. The extensive reference section is one of the more useful features. It is a real time saver for those who don't want to wade through oceans of scientific articles and databases. The references include both primary and secondary scientific literature. The authors also include instructive color photographs of many of the plants growing in the field and in the form in which they are used, such as dried seeds. The helpful indices include an index of common names and an index of illustrations. Overall, this is an instructive and useful reference book for school libraries and food science laboratories.—*Marissa Oppel, MS, Collections and Research Assistant, Botanical Research Institute of Texas, Fort Worth, Texas 76102-4060, U.S.A.*